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## JUICY J'S HUSTLE UP THE CHARTS

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GENIUSES. IN OTHER  
NEWS, HIS TOUR'S CALLED  
'NEVER SOBER' **PAGE 12**



## Have you ever seen \$6.5M ... of weed?

Pair suing feds for 40 years' worth of medical marijuana with prices expected to blow up after rule change **PAGE 7**

## Remember: Money doesn't grow in jars

It can make your spending seem more concrete, but what you really need to do is make a budget **PAGE 14**

## Lightning in danger of getting zapped

Defending NBL Canada champs in a do-or-die situation against Brampton A's on Thursday **PAGE 17**

# Bed-icare vs. privatized health care

## John and Yoko style.

Health Coalition  
mobilizes in war  
against privatization;  
bed-in, referendum  
part of strategy



SCOTT  
TAYLOR

scott.taylor@metronews.ca

It's an old-fashioned idea to protest a new — some would say dangerous — issue that could affect everyone living in Ontario.

The London Health Coalition will stage a bed-in at noon Monday at their Richmond Street offices to raise awareness and hold a referendum on the future of public health care.

Co-chair Peter Bergmanis said the organization is concerned about the future of Medicare in the face of hospital underfunding, staff cuts and the allowance for some medical procedures, such as colonoscopies, to be done at for-profit clinics.

"We don't want to see everything being privatized, especially to for-profit clinics," he said. "That's when we thought, what do we do in a democracy? We put it to the people and see what they want to do."

## Calling all coalitions

The London Health Coalition is affiliated with the Ontario Health Coalition, a network of over 400 grassroots community organizations representing virtually all areas of Ontario.

Monday, they'll try to get tongues wagging by somewhat recreating what John Lennon and Yoko Ono did decades ago. A few beds a nursing home was decommissioning have been borrowed and 100,000 ballots have been printed asking whether people want to hold on to universal health care or go the route of privatization.

"The referendum we're going to hold here in London is allowing the citizens of London, those very same people who built the health system in our community, to have a voice about what's going on," Bergmanis said. "I think people have noticed cuts to services and staff at both of our local hospitals."

People will be able to vote for four weeks, at which time the results will be made known to the provincial government. Bergmanis hopes one MP in particular will listen.

"Well, Deb Matthews, the health minister, for sure," he said. "This is her backyard."



## ALL IS REVEALED

They're still in storage but they're also on display. Museum London launched its Visible Storage project Sunday, taking the wraps off rarely-seen art. Bruce Pellow is pictured taking a look at the work of Paul Peel. See page 4 for more. MIKE DONACHIE/METRO

## London-St. Thomas. Jobless rates up slightly: StatsCan

The jobless rate in London-St. Thomas rose to eight per cent in February, the third month in a row to show a slight increase, according to Statistics Canada.

The number in January was 7.9 per cent.

The increases come on the heels of a series of decreases over the second half of 2013.

However, StatsCan warned that trend could be the result of a number of factors, including people not being counted because they had given up looking for work.

The London-area rate sat at 9.1 per cent in February 2013.

Across the province, the February 2014 rate remained flat at 7.5 per cent compared to the previous month.

Nationally, the rate stayed at seven per cent.

StatsCan reported that there's been little overall employment growth in Canada since August 2013.

There were 25,000 fewer people working in finance, insurance, real estate and leasing in February, the first notable decline in this industry since an upward trend began in September.

SCOTT TAYLOR/METRO

### Unemployment rate

# 7.5%

Across the province, the February 2014 rate remained flat at 7.5 per cent compared to the previous month. Nationally, the rate stayed at seven per cent.



Don Seymour, former executive director of WOTCH Community Mental Health Services, is CEO of the new Canadian Mental Health Association Middlesex. SCOTT TAYLOR/METRO

# Mental health units unite under one roof

**Combining resources.**  
Improved patient care is the goal



SCOTT TAYLOR  
scott.taylor@metronews.ca

It wasn't without its share of speed bumps along the way, but the massive amalgamation of the region's three mental health organizations will directly benefit those who need the help the most, said the man in charge.

Don Seymour said bringing Canadian Mental Health Association London-Middlesex, WOTCH Community Mental Health Services and Search Community Mental Health Services under one

roof wasn't easy, but people in need of help now have a single number to call, regardless of where they live in the county.

And that's just the start.

"We have waiting lists," said Seymour, who's the CEO of the newly minted Canadian Mental Health Association (CMHA) Middlesex. "Now with our combined resources, we can work together to reduce those waiting lists."

"The big thing is one phone number. You can dial one phone number and all the community mental health resources are under one umbrella. You don't have to navigate a system now."

He hopes to fashion a seamless service system over the coming weeks and months so that when a call for help is made, the caller

gets what they need.

The organizations began exploring a plan to integrate the organizations in February 2012 and the Southwest LHIN board passed a motion to support the amalgamation in October 2013.

Seymour praised LHIN CEO Michael Barrett and board chair Jeff Low for ensuring the various organizations stayed the course when not everyone was on the same page during discussions.

Health Minister Deb Matthews also gave the LHIN credit for being able to see the long-term goal.

"I want to say thank you to the LHIN for acknowledging that we can do better when we work together," she said.

For more information or to seek help, visit cmhamiddlesex.ca.

### Amalgamation

Leaders of the effort say it will mean:

- Enhanced services in rural communities.
- Improved access to a broader range of services.
- Enhanced crisis response and counselling services.
- Streamlined processes for case management, screening, intake, referral and assessment.
- Improved client care experiences.

# 'Bicycles may use full lane' would send clearer sign to drivers, advocates say

A project to add more Share the Road signs to London streets might be taking the city in the wrong direction, it's been claimed.

The steering group of London Cycle Link, which campaigns on behalf of cyclists, has expressed concerns about a partnership plan to improve safety on the roads.

Last week, Bernadette McCall of the Middlesex-London Health Unit gained approval from the city's civic works committee for a pilot project to install eight to 10 new signs in west London. They will advise drivers to share the road and should be in place by early May, provided they get full council approval.

Now the response to the committee from the cycling group has been circulated as an open letter.

"Our members greatly appreciate and applaud your enthusiasm and energy for improving cyclist safety in London and Middlesex County," it says.

But group members would

prefer a better bike lane network, saying that infrastructure is the best way forward.

"We appreciate that your committee may not have the power or resources to create protected bike lanes," it adds.

"However, money could be better spent on smaller infrastructure items such as bicycle parking."

The cycle link also suggests that Share the Road signs "will be confusing and ineffective," claiming that was the conclusion in Delaware, California and Ohio.

It asks the committee to send a difference message on signs: "Bicycles May Use Full Lane."

MIKE DONACHIE/METRO



## Rock fest. Get ready to crank it up, London

Hold on tight, London, because this year Rock the Park is turning it up to 11.

Organizers have announced that Sammy Hagar will headline the Friday lineup of the 11th annual classic rock fest running July 24 to 26 in Harris Park. Among the friends Hagar's bringing is drummer Jason Bonham, son of Led Zepelin icon John Bonham.

Saturday's show features Burton Cummings and his band sharing the spotlight with Huey Lewis and the News. Opening for them will be 38 Special and the Headpins.

Weezer starts everything off Thursday for what's being called Modern Rock night.

Organizers see this as an opportunity to expand the festival's horizons, said Brad Jones, president of Jones Entertainment Group.

"To keep a music festival growing and expanding, you have to try something new," he said. "We've already begun to experiment with adding a fourth night to Rock the Park with Gone Country Music Festival on July 23, bringing in people who may have never experienced Rock the Park before."

Rock the Park launched in 2004 with a vision to bring hope and peace to children living with metachromatic leukodystrophy (MLD), a disorder characterized by the accumulation of fats called sulfatides in cells.

Together with Bethany's Hope Foundation and Rock the Park fans, Jones Entertainment Group has since raised more than \$1.8 million towards MLD research.

SCOTT TAYLOR/METRO



Sammy Hagar is coming to London for this year's Rock the Park festival. GETTY IMAGES

### At a glance

- Gates will open daily at 4 p.m.
- Tickets will be available March 15 at 10 a.m.
- They can be bought at the Centennial Hall Box Office,
- by phone at 519-672-1967, 519-672-1968 or toll-free 888-999-8980, or by visiting rockthepark.ca.
- Tickets for Rock the Park's Gone Country Music Festival are on sale now.

# Local heroes recognized in national ad campaign

**Community foundation.** Volunteers and donors get a nod for their work

London's unsung heroes are being saluted as part of a national campaign to recognize the hard work of volunteers and donors.

London Community Foundation is taking part in the project, which involves 191 community foundations across Canada.

It's the first national awareness-raising effort of its kind, and it seeks to celebrate the role that communities have in shaping who we are, and to show how people can give back to their communities.

In London, the face of the campaign is Holly Painter, and its voice is Franklin Davis. They star in, respectively, the TV and radio ads that lead the campaign.

"I like what they're doing," said Painter about the work of London Community Foundation. "It's all about helping people grow."

As well as publicizing that work, the ad campaign brings to the fore some of the volunteers across Canada who keep good causes alive.

Painter, for example, is director of London Poetry Slam and, as a spoken word poet, was the ideal person for the ad. It features a spoken-word "anthem to community" that speaks of the dedication of volunteers. Davis is a personal trainer and poet.

"Our campaign salutes Canadians all across the country who are making their homes better places to love," said Ian



The face of London Community Foundation: Teacher and poet Holly Painter. MIKE DONACHIE/METRO

### Community values

- It's been running since 1953 and today the London Community Foundation remains a force to be reckoned with in the world of charities.
- It's dedicated to improving communities across London and Middlesex County by finding innovative ways to support people.
- The foundation provides loans and grants to good causes across the area.
- To learn more about the ad campaign, visit communityfoundations.ca.

Bird, president of Community Foundations of Canada, the network for the national movement.

"They are at the heart and soul of our communities and

we want to celebrate them, and the role they play."

London Community Foundation's president and CEO, Martha Powell, added: "We want to ignite the passion we

know Canadians feel for their communities.

"We're not asking for anything except awareness and, hopefully, engagement."

MIKE DONACHIE/METRO



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# Health solutions get hacked

## Partnerships forming. Health and tech unite in inspirational projects



**MIKE DONACHIE**  
mike.donachie@metronews.ca

Two worlds are coming together in London as part of a phenomenon that's changing lives.

Many of the city's medical and tech experts are combining in Hacking Health,

a partnership designed to solve problems.

"It's a global movement that's designed to improve all aspects of health care by trying to connect tech creators and health-care professionals," said Ian Haase of TechAlliance, the economic development agency that is a local title sponsor of Hacking Health.

"The aim is to connect doctors who are dealing with problems every day and seeing them in the system with people who might have the skills and knowledge to solve the problem."

### Not in it for the money

**"A lot of the people pitching just weren't interested in making a million dollars on it.... They were patient-centric."**

Ian Haase of TechAlliance

The London arm launched in December with a café event that brought together more than 70 people.

Last week, it continued with a pitch night and people are now coming together into teams to tackle a series of problems.

Coming up on April 10 is

a contest that will determine the best ideas, but, Haase stressed, every idea will be supported in some way.

Interestingly, the focus of Hacking Health in London has shifted since its launch. Haase explained that, following the main aim of TechAlliance, the original purpose

was economic development, encouraging startups in London.

But, as the pitches were made, a more altruistic side emerged.

"A lot of the people pitching just weren't interested in making a million dollars on it," Haase said. "They were patient-centric."

"They were focused on patient care."

That's made it "a nice mix," he said.

Haase added projects will be judged on economic value and on their value to patients.

### London's projects

**The partnerships are still forming in the Forest City but the health-related challenges have been put forward.**

- They include finding a way to tell people when their exercise is a cardiac risk and apps related to diabetes and hypoglycemia.

- To find out more visit [techalliance.ca](http://techalliance.ca).



## Museum gives better access to stored art in the city

Museums are supposed to be full of hidden gems, but Museum London's gems aren't quite so hidden now. On Sunday, the museum launched its Visible Storage Project, a permanent display of art from its vaults. Nestled in a compact space one floor below the entrance, the project gives people the chance to see the work of artists like Paul Peel, Jack Chambers, Greg Curnoe and Paterson Ewen. It's focused on London creators but includes many great works of Canadian art. There's also a digital element. This includes an online guide providing information about the work. In this photo, art enthusiasts enjoy some of the work in the Visible Storage Project. **MIKE DONACHIE/METRO**

## First aid. Province donates \$100K to help in Ukraine

The province is sending \$100,000 in humanitarian aid to the people of Ukraine, it was announced Sunday.

"Ontario has a close connection with Ukraine, and I know that many people across the province have friends and family there," said Premier Kathleen Wynne.

"We are deeply concerned about those who have been injured due to the escalating violence in Ukraine and saddened by the loss of life."

"That is why we are providing this contribution that will go towards emergency

medical aid."

The money will be donated to the Ontario chapter of the Canadian Red Cross Society, to help emergency response teams providing first aid to the wounded from both sides of the conflict in Ukraine.

Ontario is home to one of the world's largest Ukrainian communities outside of Ukraine, with almost 350,000 people.

More than 15,000 Ukraine-born immigrants arrived in Ontario from 2001 to 2011.

**METRO**

## Cocaine, pot seized. Londoner one of 11 charged in gambling, drug bust

A Londoner is among 11 people charged in an illegal-gambling and drug bust centred on the Windsor area.

Brooke Doyle, 25, was charged with possession of property obtained by crime and possession of a narcotic after police searched five homes and four vehicles Thursday in Windsor, Amherstburg and London.

Police seized one kilogram of cocaine and 16 kilograms of marijuana worth a combined \$127,500.

They also found prohibited weapons — a handgun and brass knuckles — \$6,000 in cash, \$45,000 worth of jewelry and two vehicles.

The 11 people charged range from 21 to 43 years old and are charged with 43 of-

### Among the seized items

- One kilogram of cocaine, 16 kilograms of marijuana.
- Weapons, \$6,000 in cash, \$45,000 worth of jewelry and two vehicles.

fences, including 17 related to illegal gambling and another 17 tied to drugs.

Doyle, along with the others charged, will appear in a Windsor court at a date that hasn't been determined.

The police probe, dubbed Project Helensburgh, started based on information from previous organized-crime investigations in the GTA.

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# Mayoral candidate reaching out with art

**Mr. Jim.** City hall hopeful taps into his creative side to speak to the people



**MIKE DONACHIE**  
mike.donachie@metronews.ca

The race for mayor involves a crowded field, so it's important to stand out.

And one candidate is taking an unusual approach.

Jim Kogelheide, dad, bus driver and artist, is reaching out to the people with his creative side. He's talking to the people via his art.

"I can't afford plastic signs to pollute our landscape, but what I can do is set up an art exhibition that can tour London around our local libraries," said Kogelheide.

"Art is a reflection of a person's soul, and what better way to get to know a candidate than to have a glimpse of their soul?"

Better known to the kids on his school bus as "Mr. Jim," Kogelheide, 43, also

works weekends on para-transit buses, taking people with mobility problems to where they need to go.

He's been creating art for 18 years, with a focus on the environmental and peace movements.

"I'm an artist, and my artwork is a reflection of my beliefs about sustainability, sharing ideas to allow people to appreciate nature a bit more profoundly and to realize that we have a responsibility as well, to preserve our natural habitat," he added.

"We have to realize that man and nature don't co-exist harmoniously."

That thinking is also the basis of his political philosophy. Kogelheide calls it "green urbanism," saying it's about creating communities and lifestyles that suit humans but are also kind to the environment.

To find out more about Kogelheide, visit [bitsandpeaces.com](http://bitsandpeaces.com) or look out for his community events. His art exhibition is at Byron Library now and he'll be holding a meet-and-greet there on March 22 from 2 to 4 p.m.



Jim Kogelheide with son Devon, 2, in the library in Byron. A piece of Kogelheide's art can be seen on the wall behind him.  
MIKE DONACHIE/METRO

## The race for mayor

So far, six people have filed papers at city hall to run for mayor on Oct. 27. In 2010, there were 16 candidates by election day.

- Incumbent Joe Fontana has said he won't file until May or June, but Coun. Matt Brown, who's seen as his main challenger,

has registered.

- Also on the list are Aaron Broughm, Arnon Kaplansky, Jim Kogelheide, Dan Lenart and Dennis Perry.
- In total, 39 people have filed in an attempt to become councillors.

## Life, love and coffee. Western opera students take on light-hearted works

Western University opera students are serving up two one-act operas full of farce, fun and, well, music.

City Workers in Love and Gisela in Her Bathtub take the stage at Paul Davenport Theatre on Western's campus March 14 and 15. A March 17 performance is planned for the Imperial Theatre in Sarnia.

Originally written for the Winnipeg Fringe Festival,

City Workers in Love follows a city crew as they work for society, strive for love and break for coffee. The show takes stabs at opera clichés, civic bureaucracy, union regulations and office politics.

Western's also promising a celebrity walk-on — the show's mayor will be portrayed by a secret local star.

Gisela in Her Bathtub is built around characters in a

romance novel quite literally hopping off the pages as the reader soaks in a bathtub.

Show tickets are \$10 and \$15 at the door.

METRO

## More online

For more news visit [metronews.ca](http://metronews.ca)



## Speakers

### Virtue, Moir taking the stage at Women's Lifestyle Show

Canada's sweethearts are on tap for an appearance at this year's Women's Lifestyle Show at the London Convention Centre.

Ice dancers Tessa Virtue and Scott Moir, fresh off their silver-medal win at the Sochi Olympics, will speak at noon March 22 on the show's main stage.

The lifestyle show runs

March 22 and 23, featuring more than 150 vendors, entertainment and, of course, much more.

Tickets are \$10 for the day or \$15 for the weekend. Check [womenslifestyle.ca](http://womenslifestyle.ca) for details. METRO

## Central Library

### Prof putting Ukraine crisis in context

Western University history Prof. Marta Dyczok will be at the Central Library at 7 p.m. Tuesday to talk about

the situation in Ukraine.

Dyczok will put the crisis into historical context as part of Western History Talks 2014.

The presentation marks the series kickoff with upcoming speakers set to talk about everything from the Holocaust to energy and ice storms.

A question-and-answer session will follow each event. They run on Tuesdays through April 1.

Search for the full lineup on [londonpubliclibrary.ca](http://londonpubliclibrary.ca).

METRO

## Setting an example

### Politicians, mind your manners at city hall

There have been tense times at city hall lately, leading to some colourful language filling the air.

But Jim Kogelheide has the answer. He wants to bring in a potty-mouth jar, and fine council members who lose control and utter expletives.

That would mean Mayor Joe Fontana would pay out at least twice due to swearing in the council chambers in recent months.

Kogelheide is half-joking about the idea.

"I spoke about the potty-mouth jar to give people the sense that I have a sense of humour," he said.

"Bringing it into actualization won't be necessary if I'm elected mayor because council and I will be discussing the positive and proper way to express ourselves.

"Hopefully these talks will inspire councillors to realize we have a responsibility as representatives of the city."

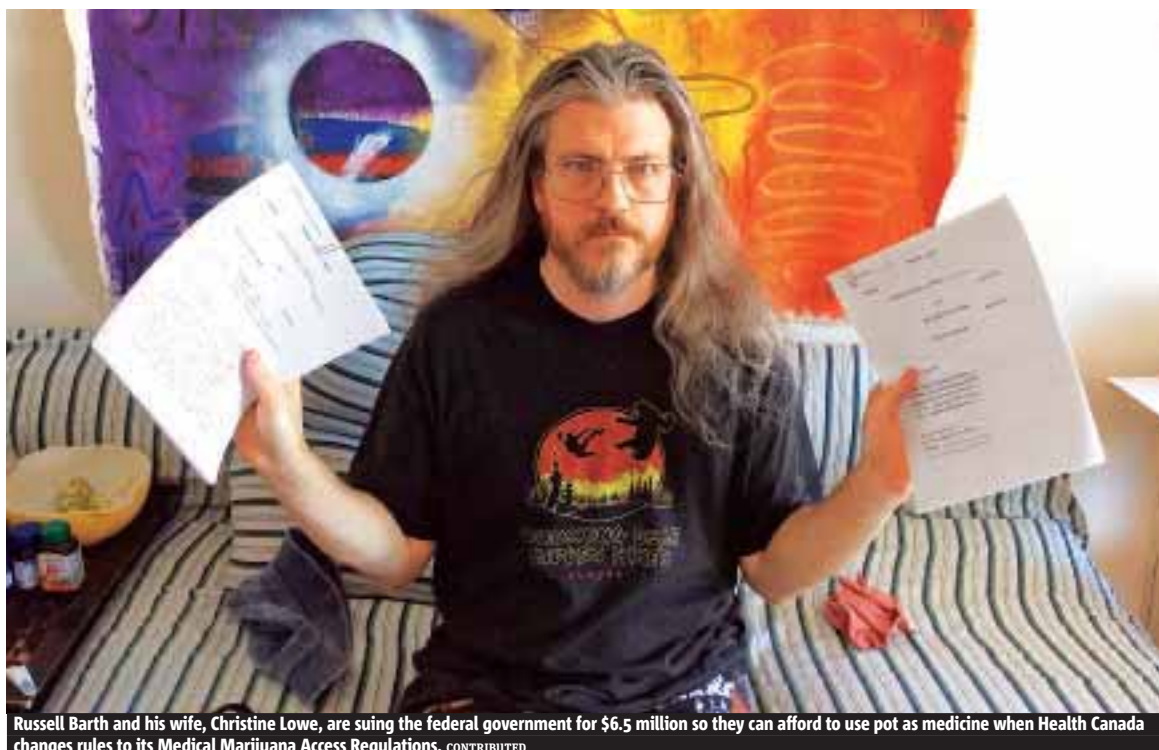
And it's a serious message that goes further than cutting out the swearing, Kogelheide says. There are other ways to set an example.

He thinks the pay increase for council should go back into the pot and be used to create jobs.

He also wants more openness from city staff when dealing with the public, providing information faster and more clearly.

MIKE DONACHIE/METRO





Russell Barth and his wife, Christine Lowe, are suing the federal government for \$6.5 million so they can afford to use pot as medicine when Health Canada changes rules to its Medical Marijuana Access Regulations. CONTRIBUTED

# Couple suing feds for \$6.5M worth of weed

**Medical marijuana.** With prices expected to skyrocket under new rules, an Ottawa man and his wife want the government to cover them for 40 years' worth



TREVOR GREENWAY  
Metro in Ottawa

An Ottawa couple who uses medical marijuana are suing the federal government for a combined \$6.5 million — a projected figure of what it will cost them to stay medicated

for the next 40 years when Health Canada changes rules to its Medical Marijuana Access Regulation.

Russell Barth consumes about 16 grams of pot every day to manage pain related to his fibromyalgia symptoms, as well as post-traumatic stress. Barth and his wife, Christine Lowe, who suffers from epilepsy, say they have a designated grower, an arrangement that allows them to stay medicated for far less than it will cost them under the new rules.

While he did not disclose how much he spends a year, he said a friend of his grew a year's worth of marijuana in a single summer at a cost of \$500.

When Health Canada chan-

ges come into effect at the end of the month, Barth and his wife won't be able to afford the up to \$15 a gram they will be forced to pay from commercial growers. The changes will also force Barth to destroy all the pot he already has — about 78 plants and 3.5 kilograms of dried marijuana that he says is worth more than \$130,000.

His statement of claim gives the Crown three options: Remove cannabis from the Controlled Drugs and Substance Act (CDSA) for everybody, grant him and his wife an exemption from the CDSA or pay them the money so they can afford to medicate themselves in the future. Ideally, Barth wants marijuana to be legal for every-

one. He sees a market of cheap or free pot under those circumstances.

"Pot should be sold in supermarkets," he said. "Pot should be as legal as coffee and chocolate, not tobacco and alcohol."

The new rules, which come into effect March 31, will no longer allow medical marijuana patients to grow their own pot or use designated growers.

Instead, patients will have to buy from licensed large-scale producers at a much higher cost, and that doesn't sit well with Barth.

"It's absolutely terrifying," he told Metro Sunday.

"Every day I feel like I am wrestling with a robot."

## Separatist dreams. Former head of Quebecor to run for PQ in provincial election

Media baron Pierre Karl Peladeau shook up the Quebec election campaign on Sunday, announcing he's decided to run for the Parti Québécois.

Flanked by PQ Leader Pauline Marois, Peladeau told a news conference he's worked to build up media giant Quebecor over the past 25 years and now wants to devote himself to public service.

He said his dream is to help Quebec become a country.

"We've got everything (we need) for a country to be alive and kicking."

Peladeau rejected suggestions his entry into politics could represent a conflict of interest, given his powerful presence in the province's media landscape.



Pierre Karl Peladeau at a press conference in Saint Jerome, Que., on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

He was, until recently, head of Quebecor Media Inc., which controls the tabloid newspaper Journal de Montreal and the French-language TVA television network.

The conglomerate also owns the Sun tabloids and the Sun News Network in English Canada.

THE CANADIAN PRESS

## Values charter. Nebraska has similar religious-garb law? That's news to them

People in Nebraska are surprised to hear their state has come up in a hot Canadian political debate. Tell folks here that the Parti Québécois cites Nebraska's law on religious clothing as a precedent, and prepare for a series of puzzled stares.

That's because the law is nearly a century old and Nebraskans have forgotten it exists.

The PQ actually pointed to the law as a precedent for its values charter, a centrepiece of its current plan for re-election on April 7.

When he first introduced the charter last year, the minister responsible pointed to two U.S. states as evidence that

Quebec would not be the only North American jurisdiction to ban religious clothing for state employees, but during a recent trip to one of those states, The Canadian Press couldn't find anyone aware of the law.

On Valentine's Day of 1919, lawmakers voted for a bill that would punish teachers wearing religious garb in public schools. Their target was Catholic nuns.

Fast-forward 94 years, and the ban still exists, technically.

"It is what is called a dead-letter law," veteran legislator Ernie Chambers said, after doing some research. "Meaning, it's there but it's never enforced."

THE CANADIAN PRESS

### California

#### Stage collapse causes many minor injuries

A stage at a California high school collapsed during an event and 30 to 40 people were rushed to hospitals with mainly minor injuries, authorities said. Police, firefighters and medics responded Saturday after the stage gave way at Servite High School, according to the Anaheim Fire Department. THE ASSOCIATED PRESS

### Blarney Blowout

#### Over 70 arrested at St. Patrick's Day celebration

A pre-St. Patrick's Day celebration near the flagship campus of the University of Massachusetts spiralled out of control, pitting police in riot gear against thousands of drunken and unruly revellers at the annual Blarney Blowout. More than 70 people were arrested and four officers were injured. THE ASSOCIATED PRESS

## 9 Lev Tahor members return to Canada

Police say nine members of a fringe Jewish sect who left the country amid child custody proceedings only to be stopped in Trinidad and Tobago have now been returned to Canada.

Peel police Sgt. Dave Housdon says the Lev Tahor members landed at Toronto's Pearson International Airport Saturday night, and the six children were placed in the care of the Children's Aid Society. The

three adults were being processed by the Canada Border Services Agency, he added.

A spokeswoman for the agency said CBSA "continues to work closely with local law enforcement agencies on this case," but wouldn't say whether the three had been released.

At least two Lev Tahor families left Canada for Guatemala last week, but some of them were stopped in Trinidad.

Early last week, an Ontario judge issued an emergency order that 14 Lev Tahor children be placed in the care of children's aid, but police said Thursday that most of the children had left the country.

About 200 members of the sect — 114 of them children — settled in Chatham, Ont., last year after uprooting from Ste-Ataghe-des-Monts, Que.

Child-welfare authorities in

Quebec spent a year investigating issues related to hygiene, health and allegations that the children weren't learning according to the provincial curriculum.

Late last year, a Quebec court ordered that 14 Lev Tahor children be placed in foster care.

The group has denied all allegations of mistreatment.

THE CANADIAN PRESS

# Very few countries use stolen documents database: Interpol

## Malaysia Airlines.

Interpol has sounded an alarm on this for years; it has 40 million stolen or lost travel documents on file

Interpol knew about stolen passports that two passengers used to board an ill-fated Malaysia Airlines flight bound for China, but no country checked the police agency's vast database on stolen documents beforehand, it said Sunday. Interpol said it hopes authorities will "learn from the tragedy."

It's not known whether stolen passports had anything to do with Saturday's disappearance of the Boeing 777 bound from Kuala Lumpur, Malaysia, to Beijing with 239 people on board. But such oversights aren't new. Last year, passengers boarded planes more than a billion times without their

passports being checked against Interpol's database of 40 million stolen or lost travel documents, said the international organization based in Lyon, France.

Interpol has sounded the alarm on the issue for years, and just last month it bemoaned that "only a handful of countries" regularly use its stolen or lost travel documents database of records from 167 countries. For example, the database was searched more than 800 million times last year — but one in eight searches was conducted by United Arab Emirates alone.

On Sunday, Interpol Secretary General Ronald Noble said that his organization has long asked why countries would "wait for a tragedy to put prudent security measures in place at borders and boarding gates." The thefts of the two passports used were entered into Interpol's database after they were stolen in Thailand.

THE ASSOCIATED PRESS



Relative of passengers on the missing Malaysia Airlines jet with 239 people on board. ANDY WONG/THE ASSOCIATED PRESS

## Mystery of flight MH370

### Jet door may have been located

Vietnamese authorities searching waters for the missing Boeing 777 jetliner spotted an object Sunday that they suspected was one of the plane's doors, as international intelligence agencies joined the investigation into two passengers who boarded the aircraft with stolen passports.

More than a day after the Malaysia Airlines flight went missing, no debris had been found, and the final minutes before it disappeared were a mystery. The jetliner lost contact between Malaysia and Vietnam.

THE ASSOCIATED PRESS

# Bomb kills Canadian photojournalist in Syria: Family



Ali Mustafa fans out masks to filter pollution and tear gas. He died Sunday. TWITTER: @ZACK\_HELWA

A Canadian freelance photographer was killed in the northern Syrian city of Aleppo on Sunday, his sister and activists said, the latest journalist to be killed covering a brutal war that has become the deadliest place in the world for them to operate.

Ali Mustafa died along with seven others when government aircraft dropped crude bombs and one exploded where he was standing with firefighters in the rebel-held Hadariyeh area of Aleppo city, said an activist who identifies himself as

Abu al-Hassan Marea.

Mustafa's sister, Justina Rosa Botelho confirmed her 29-year-old brother's death after activists sent her a photograph of his corpse. Mustafa was born in Toronto, the son of Pakistani and Portuguese immigrant parents.

The family was not aware that he was in Syria. They were last in contact a week ago, when Mustafa told her that he was in Turkey, she said.

"He wanted to tell mom he was OK," she said. "He

## No danger pay

"He just wanted the world to know about human rights and all the horrible things going on down there."

Justina Rosa Botelho, Ali Mustafa's sister. Syria is said to be the most dangerous conflict in the world for journalists.

never told me he was in Syria. I guess he was trying to hide that."

Botelho said she and Mus-

tafa shared the same mother.

Since the Syrian uprising began in March 2011, more than 63 journalists have been killed by both forces loyal to President Bashar Assad and rebels seeking his overthrow, according to the Committee to Protect Journalists.

The most vulnerable journalists are freelancers who do not have companies helping them. In a July 2013 interview, Mustafa said he first travelled to Syria in March 2013.

THE ASSOCIATED PRESS

## United Arab Emirates

### Gulf states label the Brotherhood a terrorist group

The United Arab Emirates has thrown its support behind neighbouring Saudi Arabia's decision to label the Muslim Brotherhood a terrorist organization, increasing Gulf Arab pressure

on the Islamist group.

Saudi Arabia listed the 86-year-old Brotherhood along with several other groups, including al-Qaida affiliates, as terrorist organizations on Friday. Those who join or support the groups could face five to 30 years in prison. Egypt labelled it a terrorist organization in December.

THE ASSOCIATED PRESS

## Iceland's prime minister

### Russia's action in Ukraine a problem for Arctic nations

Russia's actions in Ukraine could cause problems for international co-operation in the Arctic, says Iceland's prime minister.

Sigmundur Gunnlaugsson said Russia's strong-arm

tactics in its former satellite could make it harder for the eight nations on the Arctic Council to reach agreements at a time when the region faces a series of critical issues.

"This has a ripple effect, even though the actual events are far from the Arctic," said Gunnlaugsson, in Edmonton on a trade mission. THE CANADIAN PRESS

## Referendum

### Separatist vote in Crimea set for March 16

Russian President Vladimir Putin on Sunday defended the separatist drive in the disputed Crimean Peninsula as keeping with international law, but Ukraine's prime minister vowed

not to relinquish "a single centimetre" of his country's territory.

Over the weekend, the Kremlin beefed up its military presence in Crimea, a part of Ukraine since 1954, and pro-Russia forces keep pushing for a vote in favour of reunification with Moscow in a referendum the local parliament has scheduled. THE ASSOCIATED PRESS



## Interception. Israel says ship had 40 rockets, Iran behind smuggling plot

Israel's military said Sunday that a cargo ship it intercepted in the Red Sea last week carried 40 rockets with a range of up to 160 kilometres.

Israel has alleged the shipment was orchestrated by Iran and was intended for Islamic militants in Gaza, a claim denied by Iran and the rockets' purported recipients.

An Egyptian security official said Sunday the rockets also might have been intended for militants in Egypt's Sinai Peninsula, which borders Gaza. The official spoke on condition of anonymity because he was not allowed to brief reporters.

Neither Israel nor Egypt provided evidence for their claims. Questions remain, including how the rockets would have been smuggled into Gaza, largely cut off from the world by a border blockade.



An Israeli soldier covers boxes from a shipment that the military intercepted last week.  
ARIEL SCHALIT/THE ASSOCIATED PRESS

Israel's government has used the interception to bolster claims that Iran remains dangerous and that the world powers should break off negotiations with Tehran over the country's nuclear program.

THE ASSOCIATED PRESS

## New York. Protest against Israel's proposed draft for ultra-Orthodox Jews

Thousands of ultra-Orthodox Jews filled the streets in lower Manhattan on Sunday to protest Israel's proposal to draft strictly religious citizens into its army.

The gathering took up a stretch of 10 blocks, with dark-clothed demonstrators standing behind police barricades amid tight security. Organizers

kept to tradition, with men and women in separate groups as they are at religious events.

A week ago, hundreds of thousands of ultra-Orthodox Jews rallied in the streets of Jerusalem, blocking roads and paralyzing the city in a massive show of force against plans to require them to serve in the Israeli military. THE ASSOCIATED PRESS

# Halifax baby's miraculous birth

**'It's a miracle.'** Newborn starts breathing again after being declared legally dead



RUTH DAVENPORT  
Metro in Halifax

Robin Cyr's fourth child already packed a lifetime's worth of emotional turmoil into her first 28 minutes in the world.

Cyr, 34, was told her baby girl died just after being born in the IWK Health Centre in Halifax around 3 a.m. Saturday.

But shortly after getting the devastating news, a stuttering, breathless nurse rushed back into the room to say the baby had started breathing again.

"My aunt was there and it's a blessing because her prayers are very deep and strong," said Cyr on Sunday, speaking in a whisper through tears at the hospital. "When she started praying, my baby came back."

### Quoted

**"(The nurse) couldn't talk. She was speechless, and another nurse came over and said, 'Your baby's breathing.'"**

Robin Cyr on being told her newborn baby girl was alive after having been declared dead.

The big baby girl, who weighed nine pounds 14 ounces, got wedged in the birth canal during the delivery. Once she was born, Cyr lay on the bed waiting for 25 minutes for any signs of life.

"My aunt looked at me and said, 'Your baby girl's gone,'" she said, adding the baby's body was taken out of the room after being declared dead. "Another nurse came over, two minutes later ... she couldn't talk. She was speechless, and another nurse came over and said, 'Your baby's breathing.'"

A flummoxed surgeon told Cyr's family that he had no explanation for the seemingly impossible recovery.

"He said it's a miracle," said Cyr. "He said, 'I'm very sorry I gave up on your baby when I did, because I turned around and she's breathing on her own.'"

The chubby little girl with an impressive shock of dark hair is now breathing on her own in the neonatal intensive-care unit. She could pass for



Robin Cyr visits with her newborn baby girl in the neonatal intensive-care unit at the IWK Health Centre in Halifax. JEFF HARPER/METRO

any other healthy newborn baby.

Cyr's family and friends say they're still processing the miracle that trumped the miracle of birth.

"The way the story progresses, by the time you get halfway through, you don't want to hear the rest, you're like, 'I'm done. This is not going to end well,'" said godfather Nevel

Carvery. "Then to have it end the way it ended, it's a roller-coaster."

Cyr had a name picked out for the baby, but said that will likely have to change.

"Everybody just keeps saying 'miracle, miracle,'" she said.

A review is underway to determine what, if any, explanation there may be for the baby's apparent resurrection.

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## Long time coming

## Harper heads to South Korea to ink free-trade pact

Prime Minister Stephen Harper departed Sunday for South Korea, where he is widely expected to complete another long round of free-trade negotiations that his critics were denouncing as secretive and potentially

bad for Canadian workers.

It wasn't known whether Harper planned to sign the final text of a free-trade deal with South Korea — a laborious, decade-long, on-again, off-again process — or was simply going to announce an agreement-in-principle in a staged photo-op.

The deal would mark progress toward expanding trade with Asia, a major priority for the Harper government. **THE CANADIAN PRESS**

# Bank of Mom and Dad need to bone up on RESPs



**HOW TO ROLL**  
Alison Griffiths  
metronews.ca

Rachel Canning, an 18-year-old from New Jersey, has just lost the first round in a lawsuit against her parents over financial and educational support after they booted her from the family home, citing her bad behaviour.

But imagine if the disgruntled teen had sued them because poor investing decisions robbed her of the opportunity to attend university.

It seems ridiculous. On the other hand ...

An RESP (registered education savings plan) isn't a child's right. But once parents start one it behooves them to pay attention. Many kids contribute to their own RESPs with summer or part-time earnings, giving them an even bigger stake in the outcome.

An annual deposit of \$2,500



Parents need to do their homework on RESPs. THE ASSOCIATED PRESS FILE

will attract the maximum Canada Education Savings Grant of \$500 yearly. Even if the money earns no interest, it will amount to \$57,000 after 18 years.

A modest, annually compounded return of three per cent would boost the bottom line to over \$76,000. That's a nice chunk of change.

Now suppose parents buy some really stinky investments and the education fund is eviscerated. Should they be held responsible?

Or what if parents put all the money into the stock market without the safety of cash or bonds? If it's early 2008, their offspring stand to lose 40 to 50 per cent of their education money in the September crash.

It would be interesting to see what a court would say if a child were to sue parents for financial neglect in either situation.

It might never happen, but the point is, you can't just con-

## RESP rules

## 1 Watch the calendar.

When a child is within six or seven years of college, leave new contributions in cash (a savings account or GIC) and start selling a portion of equity investments annually.

## 2 Invest conservatively.

Return is low with cash and bonds, but the money is safe. Start with a 50-50 mix of equity and fixed-income assets, and then reduce the stock-market exposure annually in the pre-teen years.

## 3 Watch the costs.

Target-date funds are hugely popular for RESPs, but the fees can be high and you aren't in control of the asset mix.

tribute to an RESP and ignore it.

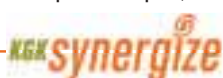


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# THE YOUNG AND THE PREJUDICE

Youth may indeed be wasted on the young, but the same certainly cannot be said about society as a whole. Rather, youth is lauded and sought after everywhere you turn in today's culture. It's celebrated in the media, it's the driving force in the advertising world, and it rules the entertainment industry.

Comedian Ricky Gervais poked fun at this fact when he first hosted the Golden Globe Awards back in 2010: Said Gervais in his opening monologue: "Just looking at all the faces here reminds me of some of the great work that's been done this year ... by cosmetic surgeons."

The joke got plenty of laughs in the room, and likely many more from the millions watching from home. But there was a serious underlying message to the joke, and it wasn't exactly funny. Flashing forward four years to the Academy Awards earlier this month, it was easy to see why.

When retired actress Kim Novak appeared on stage with Mat



**URBAN COMPASS**  
**Todd Devlin**  
london@metronews.ca

thew McConaughey to present an award, it was hard not to notice that the 81-year-old has undergone her share of cosmetic surgery over the years. It certainly didn't go unnoticed on Twitter, where the actress was eviscerated with mean-spirited tweets.

My rebuttal: What was she supposed to do? In today's anti-aging, youth-obsessed culture, Novak did what countless others have done and continue to do — desperately tried to maintain a youthful appearance in response to the pressures of a society that rewards youthful beauty and shuns everything else.

It seems like a lose-lose situation. Had Novak not had any procedures done, we'd have read the same mean-spirited people sending out tweets

criticizing her looks and her age.

Youth was also being celebrated in a different arena last month when the world's best winter athletes gathered to compete in the Olympic Games in Sochi, Russia. We watched young, fit and

strong bodies perform impressive athletic feats. And then it came to an end. The Olympic flame was extinguished, and much of the world's media departed. And then the Paralympics began on Saturday.

Nearly every Olympic story is an inspiring one. I'm not sure many reach the inspiration levels of Paralympian stories, though. And yet, you won't be seeing or hearing the vast majority of them this week (the Games will run through Sunday). Canadian coverage of the Paralympics has improved in recent years, but it still pales in comparison to the main event.

Why is this the case? Without sponsorship money and television deals, the Paralympics simply won't get the coverage it deserves. Have we, as a society, said that we're not interested?

The unfortunate takeaway message from both the Olympics and the recent Academy Awards was this: It's great to acknowledge and reward personal accomplishments ... as long as they're achieved by young, healthy and able-bodied individuals.

Otherwise...

Follow Todd Devlin on  
Twitter @UrbanCompassLdn



## ZOOM

### Injured in Afghanistan, scoring in Russia



JUSTIN SETTERFIELD/GETTY IMAGES

#### Canadian Forces veteran scores

Canada's Dominic Larocque celebrates scoring during an ice sledge hockey game between Canada and Norway on Sunday at the Paralympic Games in Sochi, Russia. Larocque was an accomplished athlete growing up — even playing junior-A hockey for a time — before joining the Canadian military's famed Van Doo regiment in 2005. **THE CANADIAN PRESS**

#### Reminded of fateful day every morning

Larocque has no memory of the moment that changed his life forever.

While serving with the Canadian Forces in Afghanistan, an armoured vehicle carrying the young corporal drove over an improvised explosive device. The devastating blast on Nov. 27, 2007, shattered Larocque's left leg and required an

amputation above the knee.

Although he has no recollection of that fateful day, he's still reminded of it each morning.

"Every time when I wake up I think about that," said Larocque, now 26. "I have no choice." His main focus upon returning from Afghanistan was getting back in shape, but he saw an even brighter future after watching Canada's sledge hockey team in action.

**THE CANADIAN PRESS**

#### Sledge hockey

### 4-0

A big body that likes to do the dirty work, Larocque has already shown some scoring touch at these Games, recording two goals in Canada's 10-1 victory over Sweden in Saturday's opener.

Larocque was at it again on Sunday, scoring the game's first goal in Canada's 4-0 victory over Norway. Canada has an off-day on Monday before taking on the Czech Republic on Tuesday.

## WE ACT: CANADA DOES GOOD

Poetry behind bars

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

**Who:** Nancy Van Styvendale, community-builder and educator

**What:** Inspired Minds, an all-nations creative writing program at the Saskatoon Correctional Centre

**Why:** "To build bridges and connect people across differences."

Poetry can't break bars, but Dr. Nancy Van Styvendale, an assistant professor at the University of Saskatchewan, argues that it does break down barriers. In 2011, with the support of Diann Block, the First Nations and Métis co-ordinator at the Saskatoon Correctional Centre, Van Styvendale volunteered to co-ordinate and teach creative writing and literature classes to small groups of inmates. These eight-week, volunteer-driven courses provide participants with a certificate of completion from the University of Saskatchewan.

#### What has been the most rewarding part of your involvement?

"Within the larger context of the jail, there's the need to protect yourself and not let people in. What I love about



CONTRIBUTED

the program is that it creates a safe space where the men feel relatively confident sharing very personal things about their lives and struggles. And the other members of the class respect that and encourage their fellow classmates.

#### How has the program affected the participants personally?

Some of the men have experienced racism and were disenfranchised at school. So to provide an educational space that is positive, that makes people feel good about learning is super important. A lot of the men are interested in the certificate of completion, because they can use it when they are going on a job interview. It's a big deal for someone who doesn't have educational credentials.

**CRAIG AND MARC KIELBURGER**

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [londonletters@metronews.ca](mailto:londonletters@metronews.ca)



## Juicy J's hustle continues

**Never Sober.** Busy rapper kicking it on tour, working on next album as collaborations climb Billboard chart

EMILY  
LAURENCE  
Metro World News

If there's anyone who deserves to do a little partying, it's Juicy J. His collaboration with Katy Perry, *Dark Horse*, is everywhere, including the top of the Billboard Hot 100 chart, and his new single, *Talkin' Bout*, with Chris Brown and Wiz Khalifa, is quickly creeping up too. We talk with the rapper about getting tipsy (count the number of times he says *Ciroc*) on his *Never Sober* tour.

**Right now, you're in the studio working on your next album, *The Hustle Continues*. What can people expect?**

It's about going from the 'hood to where I am now. I've been in the music game for over 20 years and won an Academy Award (in 2006 for *It's Hard Out Here for a Pimp* from *Hustle & Flow*). I still live a party and kicking-it life. I'm having a lot of fun right now, but I'm still working too.

***Dark Horse* is obviously killing it right now. What was it like working with Katy Perry?**

Katy Perry is a genius. She works hard just like me. Katy is in the studio every day and working with her was great. There were no problems at all.

**How did that collaboration compare with working with Miley Cyrus on *23*?**

Both of them work really



Juicy J: "I hustled all the way to the top and I'm partying my ass off right now. But I work hard too." MUSASHI ONO

hard. Miley's a genius too. She has a great voice. They're both very professional women.

**After *23* came out, there were all these rumours that Miley was pregnant with your baby.**

That was just funny. People are always going to spread rumours online that aren't true. Miley's like my little sister, man!

**This is the *Never Sober* tour. What's your signature drink?**

Right now, we have lots of *Ciroc* Vodka on the bus and some Hennessy and a couple bottles of champagne. If someone's coming to a Juicy J show, they would definitely drink some *Ciroc*. But don't drive. Let somebody drop you off or catch a limousine or something. You can drink some *Ciroc* or down some gin

and then have somebody drop you off. Or you can take Uber. I tried it and it's great.

**If your life was a video game, what would it be like?**

It would definitely be a hustle. You'd have to hustle your way to the top and then you party your ass off. That's what I did. I hustled all the way to the top and I'm partying my ass off right now. But I work hard too. We might be drinking some *Ciroc* on the tour bus, but I have a studio set up in there. I'm actually about to go make some beats right now.

**You collaborated with Chris Brown and Wiz Khalifa for your new single, *Talkin' Bout*. What are they like to hang out with?**

We're super cool. They're great guys. When we hang out, we just like kicking it,

popping bottles and enjoying life.

**What would people be surprised to learn about you?**

I manage myself. I'm very hands-on and am in all the meetings, on all the emails and do my own taxes. I have people who work for me, but I'm the head guy in charge and I run the show. I've been doing it my whole life.

When I was 13 years old, my mama was a librarian and I told her to check me out all the music books. I read 10 or 15 books because I wanted to know everything about the music business. A lot of artists just want to make music, get groupies and spend all the money, but that isn't what you're supposed to do. It's called the music business and it's a business at the end of the day.

### Canadian Screen Awards

#### Orphan Black and Call Me Fitz multi-award winners

The Nova Scotia-shot comedy series *Call Me Fitz*, about a morally bankrupt used-car salesman, was among the big winners at Sunday night's Canadian Screen Awards, taking home three awards during the TV broadcast.

Show star Jason Priestley won for best actor in a comedy series, while co-star Tracy Dawson won for best actress. The series also took home honours for best comedy series.

Space's sci-fi series *Orphan Black* received two wins, with show star Tatiana Maslany winning best actress in a dramatic role. Last year Maslany, a Regina native, was also nominated for a Golden Globe for her work on the series. *Orphan Black* also won for best dramatic series.

Among other TV winners were Hugh Dillon for best dramatic actor in *Flashpoint*, and Rick Roberts and Sook-Yin Lee for their performances as Jack Layton and Olivia Chow in the miniseries *Jack*.

Awards were also handed out for films, with Denis Villeneuve's *Enemy* winning five honours. Villeneuve was awarded best director, while Sarah Gadon won a supporting actress honour for her role. Best motion picture went to the French-language film *Gabrielle* with star Gabrielle Marier-Rivard winning the best actress award.

METRO, WITH FILES FROM THE CANADIAN PRESS

For a full list of Canadian Screen Award winners, visit [metronews.ca](http://metronews.ca).



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Gwyneth Paltrow ALL PHOTOS GETTY IMAGES

## 'Princess' Paltrow's past comes back to haunt her

Poor Gwyneth Paltrow. As if it weren't enough to have her opinions and actions as an adult criticized, now former middle school classmates are saying that she's always been difficult. "Gwyneth always seemed like she thought she was better than the rest of us," a former classmate tells Radar Online. "She was in a play where she had the princess role and she told another girl in school that 'of course' she was playing that role because she was a princess and

the other girl was not and that's why she didn't get the role. No one was surprised. She was so smug, even back then." And that old reputation is apparently still haunting her now that she and her family live in L.A. again: "A group of women that didn't get along with Gwyneth back in the day want nothing to do with her now," the source explains. "They still live in L.A. and have no interest in hanging out with her or being friends at all."



Liam Neeson

## Neeson's Bond with late wife worth more than playing the man himself

Liam Neeson's career could've gone very differently if it weren't for late wife Natasha Richardson, the Taken star reveals. Neeson tells the Hull Daily Mail that he was offered the role of James Bond early in his career, but then-fiancée Richardson wasn't having it. "I was heavily courted, let's put it that way, and I'm sure

some other actors were too," Neeson says. "It was about 18 or 19 years ago and my wife-to-be said, 'If you play James Bond we're not getting married.' And I had to take that on board, because I did want to marry her." The 007 franchise went with Pierce Brosnan instead, and Neeson and Richardson tied the knot in 1994.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



## Hats a lot of loot for Pharrell's Grammy head gear



STARGAZING  
Malene Arpe  
scene@metronews.ca

Arby's bought Pharrell's Grammy hat in a charity auction for \$44,100 US. Wendy's is still trying to buy Julianne Moore's hair.

Olympic ice dancing gold medal winners Meryl Davis and Charlie White will be competing on Dancing with the Stars. That's really too bad for you, Canadian contestant Sean Avery.

This week in wooing:

1) Robin Thicke is waging a public campaign to win back wife Paula Patton by singing songs about her. 2) Justin Bieber is Instagramming pictures of ex Selena Gomez with the caption "most elegant princess in the world." 3) John Travolta is still trying to get Adele Dazeem to call him.

A tattoo artist who visited Charlie Sheen's hotel room over Christmas says that a Vicodin-

popping Charlie punched a hole in the wall, signed his name under the hole and then took off his shorts and set them on fire before offering the visitor \$10,000 US for a kiss. "See," says Justin Bieber to his team, "we still have a really long way to go until we are where we want to be."

Katie Holmes has closed her five-year-old fashion line. There was no reason for her to pretend she has to leave the house to make clothes now that she can come and go as she wants.

Bobby Brown says he didn't know his daughter Bobbi Kristina got married. In his defence, he also doesn't know where he lives, what his favourite food is or if he still has a prerogative.

After Jennifer Lawrence trips over a traffic cone on the red carpet at the Oscars, online commenters accuse her of planning the fall in order to reinforce her clumsy-cute persona. But then they got distracted by the notion that Scarlett Johansson got pregnant on purpose to punish Marvel for not paying her enough. Actually, that one has a ring of truth to it.



Selena Gomez

## Selena continues to Belieb Justin is the one for her

It looks like Selena Gomez can't quite quit Justin Bieber no matter how much trouble he encounters. The former Disney star is fuelling speculation that she and Bieber are back together after being spotted by fans having breakfast together in McAllen, Texas, late Friday morning, according

to Valley Central. Gomez was in the area for a performance the following night at Border-Fest, and Bieber apparently flew in to join her after giving a deposition in Miami in a lawsuit brought against him by a photographer. For the record, Gomez ate chilaquiles while Bieber had huevos rancheros.



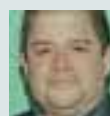
Robin Thicke

## Is Robin missing his wife or enjoying single life?

It looks like all of Robin Thicke's yearnings for a reconciliation with estranged wife Paula Patton — which he's made a regular part of his concerts on his current tour — might just be for show. The Blurred Lines singer has

seemed contrite and lovesick on-stage, but off-stage he's reportedly been having a great time and visiting strip clubs, according to Radar Online. And at his most recent tour stop he was spotted without his wedding ring.

Twitter



@pattonoswalt  
So, starting at 2am we set our calendars to Christmas except it's "summertime Halloween" Christmas with still some snow?



@ParisHilton  
What's the best beach in the Philippines?



@mindykaling  
Austin is full of bats and cold rain so far



3  
LIFE

# Magic jars ease money jam

**Control.** Putting a lid on variable expenses is a simple yet effective way to manage money



**GAIL VAZ-OXLADE**  
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One of the biggest surprises to come out of Til Debt Do Us Part was the number of people who put themselves on The Magic Jars as a way of managing their money. Determined to do something differently, they saw the jars as a way of taking control of their money. Some people, however, seem to have difficulty figuring out where the money for the jars comes from. It's as if they think this is extra money, not money they would have been spending all along.

The money that goes into the jars is the money that you would have been spending on things like gas, food, clothes, entertainment and medical costs — all your variable expenses. It's not extra money.

While the jars make the whole money management thing very concrete, the place to start changing your money management is not with the jars. It's with a balanced budget. You can't actually make the jars work for you if you don't start by making a budget that balances.

Head of over to my website at [gailvazoxlade.com](http://gailvazoxlade.com) and find



Money jars provide a clear view of how to live within your means. ISTOCK

the Interactive Budget and the instructions, Gail's Guide to Building a Budget. Follow the instructions and make a budget that balances. You can't have a negative number at the bottom. The budget has to balance.

If you can't make it balance, either your expenses are too high or your income is too low. Start by cutting out everything that isn't essential to keeping body and soul together.

Cable, cell phone and telephone bills are one place to look. Turn down your thermostat and put on a sweater to save on heating costs. Get rid of a car you simply can't afford to keep. If that's not

enough, then you're going to have to find a way to make more money.

OK, now we come to the jars. The Interactive Budget Worksheet will tell you how much should be going into each of the jars. This money is your variable spending. Assuming you've balanced your budget, you now know how much to pull from your bank account each week for the jars. If you're deeply in debt and must commit a significant portion of your income to debt repayment, some jars, like "clothing and gifts" may remain empty until you're back in the black.

All the rest of your money stays in your bank account to

be used to pay your bills. Your mortgage or rent is a fixed expense. Ditto your car payment, insurance, childcare.

Two more things: First, if you can't figure out how much you should be putting toward debt repayment, use the Own Up to Your Debt Worksheet on the website as a quick way to determine how much should be going toward your debt repayment. If your hole is deep, you may have to allocate 30, 35 or 40 per cent of your income to debt repayment; whatever it takes to get you out of the red within three years or less. If it looks like it's going to take longer, or your debt repayments are throwing your budget off kil-

ter, your only option will be to make more money.

Second, you can't sacrifice savings in the name of paying your debt off faster. Sorry, that's cheating. You have to set aside a little sumthin' sumthin' each month for emergency and retirement savings so that you're working with a balanced plan.

I know there are those who believe you should pay off all your debt before you start to save. I don't agree. If you don't start the habit of long-term savings today, you may not ever start. Ever heard of inertia? That's the thing that keeps a body that's at rest, at rest until something acts upon it. It also keeps a body in motion, in motion. If you aren't saving today, you're a body at rest.

Lots of people all over the world are using the jars. I'm really surprised that such a simple and really old idea has caught on in such a big way. Perhaps it's because the jars really work. I haven't given them to a single family that hasn't had money left in the jars at the end of my time with them, despite my having dramatically cut their budgets.

Determination is a big part of success. If you're at all wishy-washy about what it'll take to get you out of debt and live within your means, if you just can't work up the guts to do things differently, it won't be the jars that failed.

**WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO [MYMONEYMYCHOICES.COM](http://MYMONEYMYCHOICES.COM) AND FOLLOW THE ROADMAP TO SUCCESS.**

METRO CUSTOM PUBLISHING

Tax

Talk



**Need Advice?**

**Caroline Battista**  
Tax Analyst at H&R Block

**H&R BLOCK**

## U.S. Citizens Need To File With The IRS And Employment Expenses Are Probably Not A Tax Break

**Q**

I use my phone for work? Can I claim a portion of my bills?

**A**

Probably not. It usually has to be part of your employment contract before you can claim it. And your employer has to give you a signed T2200 Form in order to claim employment expenses like cell phones. But if you have a T4, you should be able to claim the Canada Employment Amount, which is about \$168 in tax savings. This credit was meant to help with some of the costs of having a job, like parking, dry cleaning and cell phones.

**Q**

I was born in the U.S. but my parents moved to Canada when I was 5. Do I have to file a U.S. return?

**A**

It depends on your income but the answer is probably yes. Unless you formally renounce your U.S. citizenship, the IRS expects U.S. citizens to file a tax return if you earn over a certain amount. Don't worry, the U.S. Canada Tax Treaty means you won't pay double the tax, but you need to file a return. And if you have assets of more than \$10,000 at any point during the year, you need to file a Financial Bank Account Report with the Treasury Department by June 30 or face penalties.

Visit [hrblock.ca](http://hrblock.ca) for a location near you



'Round the world wisdom

## Don't be fooled by where your finish line falls

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT  
Stéfan Danis  
life@metronews.ca

I woke up on the last day of my six-day Gobi desert race having completed six marathons in five days and facing a measly 10-kilometre race to the finish. How hard could that be? "Done," I thought.

With this conclusion, having run a tough long race perfectly, I decided it was



It's hard to resist taking a breath once you've overcome a hurdle, but don't let that sigh of relief prevent you from reaching your final goal. ISTOCK

time to relax and celebrate. Nearby our camp was a beautiful meandering river and I couldn't resist its siren call. I decided to go clean my

gear, and before I knew it, I jumped in too: it had been five days of collecting dust and not having washed. As extreme distance runners

usually tape up various body parts to reduce chafing and blistering, and I then de-taped my mummified shoulders, back, chest, and feet.

Free at last! It was heaven.

It was as if the universe had heard me and concurred: I had checked out emotionally and, 30 minutes

Feet, don't fail me now

"It was as if the universe had heard me and concurred: I had checked out emotionally and, 30 minutes later, so did my body. I imploded."

later, so did my body. I imploded. My nose started to bleed, my toes got infected, my body started to shut down and only an aggressive cocktail of antibiotics allowed me to make it to the start line. After running hard for 240 km, I painfully walked the final 10 km, pulled by another racer for most of it. I finished almost last and lost precious positions in the overall rankings.

In the desert as in life, I have witnessed that smelling a finish line is an euphoric experience which can often be mistaken with actually crossing the finish line.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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# There's not a dry eye in the house when this meat loaf performs for supper



**ROSE REISMAN**  
For more, visit  
rosereisman.com or  
follow her on twitter  
@rosereisman

## FLASH FOOD



From your fridge  
to your table in  
30 minutes or less

Meatloaf has always been a classic family favourite. It's about time we add some pizzazz to this traditional dish.

Using ground chicken or turkey is a leaner way to go. Four ounces of ground chicken have only 108 calories and one gram of fat compared to regular ground beef, with its 310 calories and 20 grams of fat!

I take the ground chicken mixture and layer it, using roasted red peppers, sun-dried tomatoes and Monterey Jack cheese. This not only adds flavour but is also beautiful when sliced.

For a variation, you can try making mini meat loaves by using either a muffin cup mould or mini loaf pan. Divide mixture into 12 servings.

The key to cooking poultry is to be sure it's always baked

## Ingredients

- 1 1/2 lb ground chicken
- 1/2 cup seasoned dry bread crumbs
- 1 1/2 tsp finely chopped garlic
- 1 large egg
- 1/4 cup finely chopped yellow onion
- 1/4 cup ketchup
- 1/2 tsp dried basil
- Pinch of salt and pepper
- 1/3 cup finely diced green onions
- 2 oz roasted red pepper, chopped
- 1/4 cup diced rehydrated sun-dried tomatoes
- 1/2 cup shredded Monterey Jack cheese or white aged cheddar
- 2 tbsp grated Parmesan cheese

thoroughly, reaching an internal temperature of 165 F. I like to use the digital instant thermometer probe. Just pre-set it to 165 F and insert into the middle of the loaf until temperature is met.

You can buy roasted red bell peppers in water packed in a jar or roast a small red pepper cut into quarters in a 425-F oven for 15 minutes or just



This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

until the skin blisters. Remove the skin and chop.

## Directions

1. Preheat the oven to 425 F.

2. In a bowl, combine the ground chicken, bread crumbs,

garlic, egg, onion, ketchup, dried basil and salt and pepper until well mixed.

3. Pat half the chicken mixture into the prepared loaf pan. Sprinkle with the green onions, red pepper and sun-

dried tomatoes.

4. Mix the Monterey Jack and Parmesan cheeses and add all but 2 tbsp of the cheese mixture to the loaf. Pat the remaining chicken mixture over the filling.

5. Bake for 20 minutes or until the interior temperature reaches 165 F. Sprinkle with the remaining cheese and bake for 2 minutes or until the cheese melts. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

## Nutritional information

### Per serving

- Calories. 280
- Carbohydrates. 13 g
- Fibre. 1.8 g
- Protein. 22 g

- Total fat. 14.3 g
- Saturated fat. 4.9 g
- Cholesterol. 130 mg
- Sodium. 420 mg



This recipe serves four. ROSE REISMAN

## 2 in 1: Tomato Soup with Grilled Cheese

A classic combination is tomato soup alongside a grilled cheese sandwich. I have taken it one step further and combined small squares of grilled cheese as a garnish for the soup.

Fresh plum tomatoes are a tastier option than canned tomatoes. And the soup is rich and creamy without any butter or cream.

Tomatoes contain a beneficial antioxidant called lycopene which may lower the risk of heart disease, macular degeneration, bad cholesterol and certain cancers such as prostate,

lung and stomach.

1. In a nonstick saucepan sprayed with cooking spray,

## Ingredients

- 2 tsp vegetable oil
- 3/4 cup chopped sweet onions
- 1-1/2 tsp minced garlic
- 4 cups chopped plum tomatoes
- 1 cup low sodium chicken stock
- 1-1/2 tbsp tomato paste
- 2 tsp granulated sugar

heat oil over medium heat; cook onions and garlic for 3 minutes. Stir in plum tomatoes, stock, tomato paste, sugar, salt,

- 1/4 tsp each: salt and freshly ground black pepper
- 1/4 cup chopped fresh basil, as garnish
- Grilled Cheese**
- 2 oz aged cheddar cheese sliced thinly
- 2 slices brown bread

and pepper. Bring to a boil. Reduce heat to simmer; cover and cook for 15 minutes.

2. In batches, purée soup in a blender or food processor. Garnish with basil.

3. Place cheese on bread to make a sandwich. Spray both sides of bread with cooking spray and sauté in hot skillet for 2 minutes per side just until cheese melts. Cut sandwich into 8 squares and garnish each soup with two squares.

**ROSE REISMAN**



LPGA

## Volunteers wanted for August event

Golf Canada is looking for volunteer help for the Canadian Pacific Women's Open, Aug. 18-24, at the London Hunt and Country Club.

This is the first year for the LPGA event in Canada with its new primary sponsor.

Each volunteer is required to work a minimum of 18 hours and be available at least three days during the week of the tournament. All volunteers will be given a parking pass.

Committee assignments will be handed out in May. **METRO**

NHL

## Stajan takes leave from Flames after death of son

Calgary Flames forward Matt Stajan has taken a personal leave from the team following the death of his newborn son.

The Flames said in a release that Emmerson Stajan died on Monday following childbirth.

"Our thoughts and prayers are with Katie and Matt at this difficult time," the Flames said in a statement. "We appreciate that everyone has and will continue to respect their privacy during this period."

Stajan signed a four-year extension with the Flames earlier this year. He has 10 goals and 13 assists in 52 games this season.

The Flames said a private memorial service will be held in the coming days. **METRO**

# Lightning staring down an early exit

**NBL Canada.** Game against Brampton on Thursday night is do-or-die for two-time defending champions



DAVE LANGFORD  
dave.langford@metronews.ca

On Thursday, the London Lightning will be looking elimination straight in the eye.

If they win at home on Thursday night, they'll then have to repeat the feat against the A's in Brampton in Game 5 to advance to the next round.

"If you're going to win, you've got to win on the road anyway," Lightning head coach Micheal Ray Richardson said Sunday afternoon. "Because, we normally always have home-court advantage. This year we don't have it."

What caused the problem is that the Lightning blew a 11-point halftime lead and lost 103-92 to Brampton on Saturday to give the A's a 2-1 lead in the best-of-five National Basketball League of Canada conference semifinal series.

Game 4 is at Budweiser Gardens in London on Thursday at 7 p.m. If a Game 5 is necessary, it will be back in Brampton on Saturday at 7 p.m.

Richardson said the difference in the game was the third quarter.

"In the playoffs on the road, you can't take any quarters off and it cost us the game last night. We lost the game in third quarter. If we had just played them even in the third — we played them even in



Lightning coach Micheal Ray Richardson: "If we're going to get to the next round, we're going to have to win on their court." **METRO FILE**

Kids Day

Tickets for Game 4 in the Lightning-Brampton series (Thursday at 7 p.m.) are on sale now at the Budweiser Gardens box office.

- Doors for that game will be open at 4:30 p.m. for March

Break Kids Day and anybody with tickets may attend. The pre-game event runs from 4:30 until 5:45 and includes dance lessons from the Dance Pack, a shootaround on the court and poster making.

the fourth — we would have won."

The Lightning started well, taking a 29-18 lead after the first quarter, and took the same point differential — 54-43 — into halftime.

But in the third quarter,

the A's put up 10 unanswered points to start and by the end they had a six-point lead, shooting an amazing 70 per cent. In contrast, the Lightning shot 28 per cent.

Veteran Elvin Mims had 26 points and 14 rebounds for the

Lightning, but he also missed some key layups in the third. Evaldas Zabas had 23 points for the A's.

Both teams were missing players. The Lightning were without starting guard Stephen McDowell and the A's Flenard Whitfield. Both were suffering from foot injuries.

"(McDowell) was a huge loss. We could have used him yesterday, but hopefully he'll be back on Thursday," Richardson said.

The A's had a much larger crowd on hand for the game, drawing an announced 1,140 spectators.

"Half of the fans were from London," Richardson said.

# Knights' goal total entering heady territory

The London Knights begin their final week of the Ontario Hockey League regular-season schedule with 301 goals and counting.

With goals 300 and 301 both into the empty net, the Knights defeated the Owen Sound Attack 5-1 on Saturday in Grey County.

It was the first time the Knights have scored 300 in a season since 2006-07 when Patrick Kane and Sam Gagner, among others,

were filling the net. London should also pass the 310-mark set by the Corey Perry- and Dave Bolland-led squad in the Memorial Cup-winning year of 2005.

It was the 18th win for the Knights in the past 20 games as they fight to move up to No. 3 in the standings, from their current fourth-place position.

The Knights have three games remaining this week, at home Friday

Hunting for Knights

The London Knights will be playing hosts to the fifth annual March Breakaway Scavenger Hunt and Autograph Session on Monday from 1-3 p.m. at White Oaks Mall.

- Children under 16 should stop by Centre Court before 1 p.m. to pick up their official autograph book. A chance to win four tickets to Game 1 of the playoffs and a dressing-room tour is up for grabs.

against Owen Sound and then on the road Saturday

in Saginaw and Sunday in Sault Ste. Marie.

Gemel Smith, on his first game back after being traded by Owen Sound, Brett Welychka, Bo Horvat, Max Domi and C.J. Yakimowicz scored for the Knights. Kyle Hope scored for the Attack.

Jake Patterson stopped 28 of 29 shots for the Knights and now has won six times in six starts in Owen Sound.

The game was 30 minutes late starting after a bus breakdown in the Listowel area. **DAVE LANGFORD/METRO**



Bronze medalists Mac Marcoux and his guide Robin Femy acknowledge the crowd after the men's visually impaired Super G final at Rosa Khutor Alpine Center on Sunday in Sochi. HANNAH PETERS/GETTY IMAGES

# Skiers swipe 2 more medals



**Sochi Paralympics.** Success on slopes carries over to the rink, as the sledge hockey team moves to 2-0

Canada won two medals on the slopes and the sledge hockey team continued to roll Sunday at the Sochi Winter Paralympic Games.

Visually impaired skier Mac Marcoux of Sault Ste. Marie, Ont., and guide Robin Femy Mont-Tremblant, Que., won their second bronze medal in as many days, finishing third in the super-G. The pair finished with a time of one minute 20.77 seconds.

Teammate Caleb Brousseau of Terrace, B.C., took bronze in the super-G men's sitting division, winning his first career Paralympic medal. Brousseau put down a time of 1:22.05.

In sledge hockey, Adam Dixon scored twice and Dominic Larocque added a goal and an assist Sunday as Canada defeated Norway 4-0.

Anthony Gale and Kevin Rempel added two assists, while Corbin Watson had to make just six saves to get the shutout as Canada improved to 2-0.

Larocque scored on the power play 4:20 into the second period to snap a scoreless tie. It was his third of the tournament after picking up two goals in Canada's 10-1 victory over Sweden on Saturday.

Dixon, who had two goals and two assists against Sweden, then made it 2-0 with 4:26 to go in the second before making it 3-0 at 1:07 of the third.

Marc Dorion then scored his first of the tournament with 21.8 seconds left in the game to round out the scoring.

Dixon and Gale both have six points after two games.

Canada has an off-day on Monday before taking on the Czech Republic on Tuesday.

Norway, which defeated Canada in the bronze-medal game at the 2010 Vancouver Paralympics, will meet Sweden the same day.

THE CANADIAN PRESS

## Other results

- Calgary skier Kurt Oatway was ninth in the men's sitting division, and Kirk Schornstein of Spruce Grove, Alta., was 13th in the men's standing category.

- Sitting skier Josh Dueck of Kimberley, B.C., and standing skiers Matt Hallat of Coquitlam, B.C., and Braydon Luscombe of Duncan, B.C., did not finish their runs.

- In para-Nordic skiing, Chris Kleibl of Canmore, Alta., was the top Canadian, placing sixth in the men's 15-kilometre sit-ski race.

- Saskatoon's Colette Bourgonje was the lone Canadian in the women's 12-kilometre sit-ski race and finished 13th.

- In wheelchair curling, Canada defeated Sweden 7-4 and now sits 3-0 in round-robin play.

## Lakers' Meeks lights up Thunder for career-high

Jodie Meeks scored 24 of his career-high 42 points in the second half, and the Los Angeles Lakers beat Oklahoma City 114-110 on Sunday despite a triple-double by Thunder star Kevin Durant.

Pau Gasol added 20 points and 11 rebounds for the injury-ravaged Lakers, who had lost 29 of their previous 37 games. Meeks was 11 of 18 from the field and 14-for-14 at the line while becoming the third player to reach the 30-point mark this season for Los Angeles.

Meeks is averaging 19.2 points in 11 games since returning from a sprained right ankle. Before the injury, he was averaging 14.4.

### On Sunday

114

Lakers

110

Thunder

Durant had 27 points, 10 rebounds and 12 assists for his third triple-double this season. Serge Ibaka had 21 points and 15 boards for Oklahoma City.

The Thunder (46-17) began the day in a three-way tie with San Antonio and Indiana for the NBA's best record. The Pacers played at Dallas on Sunday night and the Spurs were idle.

After giving up an average of 136 points over their previous three games while losing to New Orleans, the Clippers and Denver, the Lakers trailed the Thunder by as many as 18 in the second quarter before taking their first lead on a pair of free throws by Meeks that made it 71-70 with 4:35 left in the third.

The Thunder are 3-5 since beating the Lakers 107-103 at Staples Center on Feb. 13 behind 43 points by Durant, who is vying for his fourth scoring title in five seasons.

Durant has scored 25 or more points in 28 consecutive games — one shy of his career-best streak, which occurred in 2009-10. THE ASSOCIATED PRESS

### NCAA basketball

Ontarians Ejim, Wiggins lead best of the Big 12

Iowa State senior and Toronto native Melvin Ejim has been selected as the Big 12's player of the year by the league's coaches.

Ejim was second in the league with both his 18.2 points and 8.6 rebounds a game.

The All-Big 12 awards were announced Sunday.

A pair of Kansas freshmen earned individual awards, with Vaughan, Ont., native Andrew Wiggins voted the top freshman and Joel Embiid the defensive player of the year. Iowa State guard DeAndre Kane was chosen as the newcomer of the year.

THE ASSOCIATED PRESS

## Spring training. Marlins' Stanton hits first spring dinger in loss to Tigers

Giancarlo Stanton hit his first home run of spring training for Miami and the Marlins lost to the Tigers 3-1 on Sunday.

Alex Avila had a two-out, two-run double in the eighth for the Tigers.

Stanton homered on the first pitch he saw in the bottom of the fourth, a shot that landed on the second-floor balcony of the Marlins executive office in left field.

Tyler Collins evened the score for the Tigers to 1-1 when he hit a one-out home run to right in the seventh.

The Tigers' Rick Porcello had his third start of the spring and pitched for 3 1/3 innings. He allowed Stanton's home run, four hits and one

### Historic start

Jose Fernandez will be the youngest opening-day starting pitcher in Marlins history when he faces the Rockies on March 31. Fernandez will be 21 years, 243 days old.

earned run. Following Stanton's home run, Garrett Jones struck out and Jarrod Saltalamacchia singled to right field to end Porcello's day.

The Marlins' Tom Koehler made his second start and pitched four scoreless innings. He allowed a single to Miguel Cabrera in the first.

THE ASSOCIATED PRESS



## Horoscopes

### Aries

March 21 - April 20

The planets are encouraging you to break out of a rut and live closer to the edge for a while. Security is all well but an Aries needs excitement too, so do something out of the ordinary this week.

### Taurus

April 21 - May 21

Speak your mind today. If certain people don't like it that's just too bad — in fact it's a good sign. Jupiter in the communications area of your chart indicates your words will have the desired effect.

### Gemini

May 22 - June 21

Challenges keep coming, and you keep dealing with them in your own way. There are few things that faze you and what life chooses to throw at you over the next seven days, you will handle it with ease.

### Cancer

June 22 - July 23

You will be at your best this week. Jupiter in your sign makes all things possible and, more importantly, makes you believe all things are possible. If you possess self-belief, there is nothing you can't accomplish.

### Leo

July 24 - Aug. 23

Try not to commit yourself to anything that can't be changed at a moment's notice. The planets are unsettled, so be prepared to drop what you are working on and start something new and exciting.

### Virgo

Aug. 24 - Sept. 23

No matter what problems you face over the next few days, you'll be able to deal with them. Get them out of the way quicker by asking for help.

### Libra

Sept. 24 - Oct. 23

You will make an impression over the next seven days but will it be of the right sort? That depends on how well you get along with the people you work with and for. Be confident but not arrogant.

### Scorpio

Oct. 24 - Nov. 22

You won't have to work hard to get what you want this week. With both Sun and Jupiter on your side, others will happily provide you with whatever it is that is good for you.

### Sagittarius

Nov. 23 - Dec. 21

Doors that have been closed to you in the past will start to open over the next few days but for some reason you may decide not to walk through. Even if you cannot explain your reluctance, listen to what your inner voice tells you.

### Capricorn

Dec. 22 - Jan. 20

Don't get carried away with your success. The current cosmic picture makes most things possible for you but that does not mean you should try to do everything.

### Aquarius

Jan. 21 - Feb. 19

You may have to force yourself to be enthusiastic about what has to be done today but it will be worth the effort. By midweek, everyone will be patting you on the back.

### Pisces

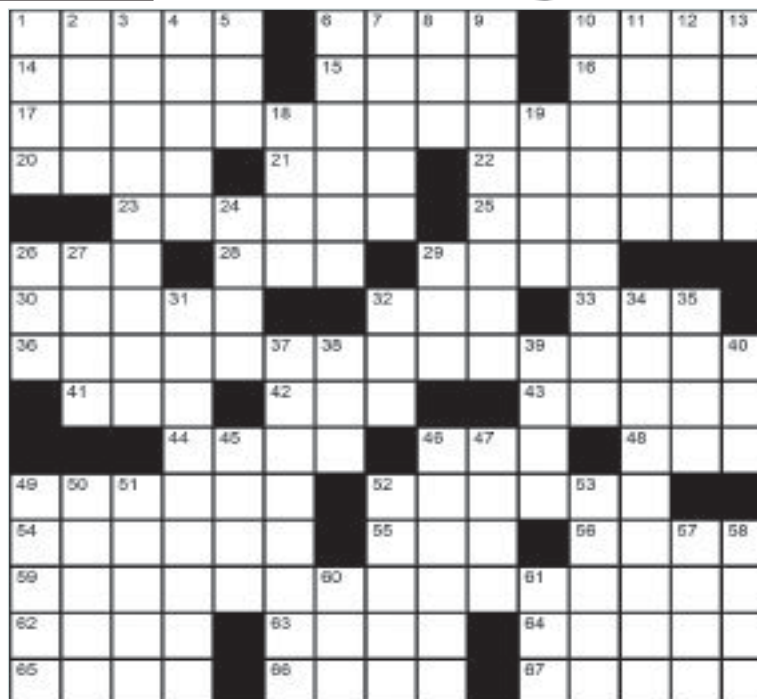
Feb. 20 - March 20

Is what you are doing with your life what you want to be doing? If not, think about what changes you can make to bring your reality in line with your dreams. Jupiter makes all things possible. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- Kootenays village in British Columbia
- Phone
- Li'l Abner cartoonist Al
- Consuming-food person
- Amazon Rain-forest berry
- Ancient concert sites
- Neurologist who, in 1992, became the first Canadian female astronaut in space: 3 wds.
- Traverse
- Baseball stat.
- Tempt
- Manitoba town north of Winnipeg
- Poured
- Scottish "Gee!"
- Eggs-layer
- Ms. Arden
- Body
- Tone- (Rap star)
- Martian's maneuver-ee, minutely
- Colgate containers: 2 wds.
- Caustic solution
- Free
- "Oh My Darling, Clementine" part: "... excavating for \_\_\_\_"
- "Dead II" (1987)
- Ad \_\_\_\_ committee
- ISP, e.g.
- \_\_\_\_ and onions (Frying pan partners)
- Reality star Heidi
- Highest orbital



- point
- Mineral kind
  - Carrie Fisher's Princess
  - Great song by Canadian folk duo Ian & Sylvia: 3 wds.
  - Escape
  - Swiss river, variantly
  - Mr. Bruckner of

- classical music
- Electronics company
  - Grandpa's portrayer on "The Waltons", Will \_\_\_\_
  - Painting surface

### Down

- Shoe brand since 1916

- 50+ org. in The States
- Ontario municipality near London, \_\_\_\_-Caradoc
- Sierra's partner
- Sphere
- \_\_\_\_-14 dating
- Singin', Dancin' and what else?
- One of the Teletub-

- bies, when doubled
- 'Mr. Showmanship' played by Michael Douglas
  - Canadian Sci-Fi show on Showcase
  - Contribute to the mix: 2 wds.
  - Tranquility
  - Did apple prep work

BY KELLY ANN BUCHANAN

- Stanley Gardner (Detective novelist)
- upswing: 2 wds.
- "I'm in trouble now!": 2 wds.
- Senators, on scoreboards
- Hip
- Scribble
- Metallic hue: 2 wds.
- Psychedelic drug
- "Open up! This is the..." sayers on TV: 2 wds.
- Vintner's prefix
- Store's info-for-purchasers item: 2 wds.
- Feel awful
- Diplomacy
- Salt, in Paris
- Contents
- Little Jack \_\_\_\_
- Blood type: \_\_\_\_
- Big fishing hooks
- Anton Ohno
- Cathedral city in northern France
- MTM's second 'M'
- Skirt style
- Marriage ceremony exchanges: 2 wds.
- "It should come \_\_\_\_ surprise..."
- "Norma \_\_\_\_" (1979)
- Dog's tail movement

## Friday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



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FRAME:  
Ray-Ban 5286 5153 Blue Horn Grey

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### *havana nights*



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